

Children's eyes shine brightest offline

31
DAYS

Check your screen time:

Before: hrs | After: hrs

Kids activity

Offline activities you can do together with your children.



Detox tip

Useful tips for avoiding your phone.



Creative tip

Activities you can do together that use media in a creative way.



DIGITAL DETOX CALENDER

1 Stay offline in the morning - spend the first hour after waking up without your mobile phone. <input type="checkbox"/>	Detox tip	2 Organise a picnic on the living room floor. <input type="checkbox"/>	Kids activity	3 Deactivate all push notifications. <input type="checkbox"/>	Detox tip
4 Make a stop motion film together. <i>App: Stop Motion Studio</i> <input type="checkbox"/>	Creative tip	5 Build a cave together out of blankets and cushions. <input type="checkbox"/>	Kids activity	6 Set up a mobile phone corner at home where you put it down when you get home. <input type="checkbox"/>	Detox tip
7 Watch a crafting video together and try it out offline. <input type="checkbox"/>	Creative tip	8 Switch off your smartphone for 2 hours today and spend time with your family. <input type="checkbox"/>	Detox tip	9 Create a picture together - whether it's painting, or crafting - however you like! <input type="checkbox"/>	Kids activity
10 Set one day a week on which you only use your smartphone minimally. <input type="checkbox"/>	Detox tip	11 Do some sport together. <i>App: Kindersport zuhause (can also be used in English)</i> <input type="checkbox"/>	Creative tip	12 Create simple musical instruments (e.g. rattles made from rice and tins). <input type="checkbox"/>	Kids activity
13 Deactivate all social media apps for a day. <input type="checkbox"/>	Detox tip	14 Read picture books together. <input type="checkbox"/>	Kids activity	15 Print out Lego building templates and build them together. <input type="checkbox"/>	Creative tip
16 Increase your smartphone-free time by 10 minutes a day. <input type="checkbox"/>	Detox tip	17 Bake or cook together as a family. <input type="checkbox"/>	Kids activity	18 Timer for apps: Only use apps within set times. <input type="checkbox"/>	Detox tip
19 Explore nature together. <i>App: Flora Inkognita</i> <input type="checkbox"/>	Creative tip	20 Develop an evening routine in which you don't use your mobile phone. <input type="checkbox"/>	Detox tip	21 Do puzzles together. <input type="checkbox"/>	Kids activity
22 Create beautiful memories together and have a family photo shooting. <input type="checkbox"/>	Creative tip	23 Delete unused apps and files from your mobile phone. <input type="checkbox"/>	Detox tip	24 Create your own works of art. <i>App: Kinderspiele: Malen für Kinder (can also be used in English)</i> <input type="checkbox"/>	Creative tip
25 Take an hour just for yourself, without your mobile phone. <input type="checkbox"/>	Detox tip	26 Make simple paper aeroplanes together and let them fly. <input type="checkbox"/>	Kids activity	27 Limit smartphone use to certain hours of the day. <input type="checkbox"/>	Detox tip
28 Go on a photo safari through your house and garden - look at the pictures together and talk about them. <input type="checkbox"/>	Creative tip	29 Leave your mobile phone at home when you do the shopping or anything else. <input type="checkbox"/>	Detox tip	30 Play a simple board or card game. <input type="checkbox"/>	Kids activity
31 Think about the last 30 days and take our self-test. Plan how you can maintain your new habits. <input type="checkbox"/>	Detox tip				



For further information!

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